

CAFFEINE & LEAVES

FRATELLO DIRECT TRADE RAINFOREST ALLIANCE COFFEE _____	2.50
CAPPUCCINO _____	3.75
CAFE LATTE _____	4.25
MAPLE CARAMEL LATTE _____	4.50
HOT CHOCOLATE WITH MARSHMALLOWS & WHIP _____	3.75
INDIAN SPICED CHAI LATTE _____	4.50
BLACK, GREEN OR HERBAL LOOSE LEAF TEA _____	2.50
BLACK: EARL GREY, ENGLISH BREAKFAST, BRANDIED APPLE, ORGANIC ASSAM, ORGANIC DARJEELING	
GREEN: JASMINE, SENCHA, GEN MAI CHA, ORGANIC KYOTO CHERRY	
HERBAL: CHAMOMILE-LEMONGRASS, VERY BERRY, PEPPERMINT, ORGANIC SPEARMINT, ROOIBOS, MADAGASCAR SPICE	

CLASSIC BREAKFAST

CURDS & WHEY

GRILLED RUBY RED GRAPEFRUIT WITH ROSEMARY SYRUP _____	4.25
WARM ORGANIC BARLEY & FRESH VANILLA BEAN CREAM CEREAL _____	6.25
DINER GRANOLA WITH MIXED BERRIES & SHEEP'S YOGURT _____	6.50
JOHNNY CAKE WITH BERRY COMPOTE (BAKED TO ORDER, TAKES EXTRA TIME) _____	6.75
MAPLE FRIED OATMEAL WITH LEMON CURD & VANILLA BEAN CREAM _____	6.75

EGGS FREE RUN COMES WITH MULTIGRAIN TOAST & HASH BROWNS

TWO EGGS ANY STYLE _____	7.95
TWO EGGS WITH PERFECT BACON OR SAUSAGE _____	9.25
FOREST MUSHROOM, SUNDRIED TOMATO, SPINACH, GREEN ONION & FETA OMELETTE _____	10.25
SOUTHWEST SCRAMBLE ON TORTILLA WITH JALAPENO JACK, SALSA & CILANTRO SOUR CREAM _____	10.95
FRIED EGG, CHORIZO SAUSAGE & WHITE CHEDDAR BREAKFAST SANDWICH ON CIABATTA _____	11.25
SMOKED CHICKEN, ASPARAGUS, FRESH TOMATO & GOUDA FRITTATA _____	12.50
AAA NEW YORK 5 OZ STRIPLOIN STEAK & EGGS _____	15.95

* SW SCRAMBLE COMES WITH TORTILLA INSTEAD OF TOAST

THE BEST EGGS BENEDICT SERVED UNTIL 3:00 PM

GARDEN BENNY _____	10.95
CANADIAN BACON _____	12.50
SMOKED SALMON _____	12.50
GRILLED CHORIZO & SPINACH _____	12.50

FROM THE GRIDDLE

BUCKWHEAT MUESLI PANCAKES TOPPED WITH MAPLE SQUASH BUTTER _____	9.50
URBAN'S CHOCOLATE SOURDOUGH FRENCH TOAST WITH GRILLED BANANA _____	10.25
YUKON GOLD POTATO PANCAKE WITH CILANTRO SOUR CREAM & CHOICE OF DOUBLE SMOKED PORK CHOP OR CHICKEN, CHORIZO OR PORK SAUSAGE _____	11.50
SOURDOUGH FRENCH TOAST STUFFED WITH CANADIAN BACON & SYLVAN STAR GOUDA _____	10.95

SIDE STUFF

ONE EGG _____	1.75
ONE BUCKWHEAT MUESLI PANCAKE _____	3.75
ADD MIXED BERRIES OR SQUASH BUTTER _____	0.95
PERFECT STRIP BACON, CANADIAN BACON OR FARMER'S PORK SAUSAGE _____	3.75
FREE RANGE MAPLE CHICKEN OR CHORIZO SAUSAGE _____	4.50
DOUBLE SMOKED PORK CHOP _____	5.95
MULTIGRAIN TOAST & HOUSE MADE PRESERVES _____	2.95
SUMMER POTATO SALAD WITH CUCUMBERS & DILL VINAIGRETTE _____	2.95
YUKON GOLD POTATO HASH BROWNS OR WEDGES _____	3.25
FRIED ROMA TOMATOES _____	3.75
SIDE TOMATO CILANTRO SALSA, CILANTRO SOUR CREAM, PEPPERCORN MAYO _____	0.95

NEAT DRINKS

ORANGE, APPLE, CRANBERRY, GRAPEFRUIT, PINEAPPLE OR TOMATO JUICE _____	3.25
HAPPY PLANET SUNSET STRAWBERRY, LOST LAGOON MANGO, OR EXTREME GREEN SMOOTHIE _____	3.95
NANTON SPARKLING WATER _____	2.75
BREWED STRAWBERRY ICED TEA (SWEETENED OR UNSWEETENED) _____	2.75
BLACK CURRANT SPRITZER _____	2.95
LAVENDER LEMONADE _____	2.95
CLASSIC COKE, DIET COKE, SPRITE OR GINGERALE _____	2.95
DAD'S ROOT BEER, CREAM SODA _____	3.50
MAKE IT A FLOAT! _____	4.50
HANK'S GOURMET BLACK CHERRY SODA _____	3.95
MILKSHAKES MADE WITH OUR OWN HOUSE-CHURNED ICE CREAM _____	4.95
MIMOSA _____	7.00

DINER FARE (AVAILABLE AFTER 11:00 AM)

SOUP, SALADS & STARTERS

THE MELTING POT; HOUSE MADE DAILY _____	CUP 4.50 / BOWL 6.50
ROASTED YAM WEDGES WITH PINK PEPPERCORN MAYO _____	6.50
HOUSE MADE CAESAR SALAD WITH ROMAINE HEARTS, CROUTONS & BLUE CHEESE CRUMBLE _____	7.95
SMOKED MAPLE SALMON NUGGETS WITH VEGGIES & DIP _____	8.25
SPINACH GREENS WITH CITRUS ROSEMARY VINAIGRETTE _____	7.95
DINNER SIZE SPINACH AND ROASTED VEGGIE SALAD WITH HERBED FETA CHEESE _____	11.95
ADD STEELHEAD TROUT FILET OR CHICKEN BREAST _____	5.95

DELUXE SANDWICHES

COMES WITH CHOICE OF ROASTED POTATO WEDGES, SOUP, HERBED RICE, SUMMER POTATO SALAD,
SPINACH OR MIXED GREENS SALAD (OR YAM WEDGES FOR \$2)

THE GRILLED CHEESE ON URBAN'S ROSEMARY SOURDOUGH _____	9.50
ADD BACON, CANADIAN BACON, FRIED EGG, CHORIZO OR EXTRA CHEESE _____	1.75
ADD TOMATO, PICKLED OR RED ONIONS, OR BANANA PEPPERS _____	.95
VEGGIE BURGER WITH PEA SHOOTS, ROASTED RED PEPPERS, DIJON DILL MAYO & OKA CHEESE _____	11.25
ROASTED VEGGIE SANDWICH WITH RED BEET GOAT CHEESE ON ROSEMARY SOURDOUGH _____	12.25
CLASSIC ALBERTA BEEF BURGER WITH CANADIAN BACON & WHITE CHEDDAR _____	12.95
SLOW ROASTED PULLED PORK WITH CHIPOTLE B.B.Q. & PICKLED RED ONION ON CIABATTA _____	11.95
SEARED STEELHEAD TROUT SANDWICH WITH LEMON CAPER MAYO & GOUDA CHEESE ON SOURDOUGH _____	12.95
GRILLED CHICKEN BREAST ON CIABATTA WITH DIJON DILL MAYO & GOUDA CHEESE _____	12.95
ALBERTA BUFFALO BURGER WITH CARAMELIZED ONIONS & JALAPENO JACK CHEESE _____	12.95

CLASSIC MAINS

BAKED MACARONI WITH SUNDRIED TOMATO, BASIL PESTO & WHITE CHEDDAR CHEESE _____	13.95
YEAL MEATLOAF WITH DIJON MASHED POTATOES, GRILLED VEGGIES, PAN GRAVY & RED PEPPER JELLY _____	15.95
SEARED HALIBUT WITH ROASTED CORN SALSA, GRILLED VEG & HERBED RICE PILAF _____	16.95
BRAISED LAMB SHANK WITH HORSERADISH DIJON & MASHED POTATOES & GRILLED VEG _____	16.95
GRILLED 8 OZ AAA NEW YORK STRIPLOIN WITH CARAMELIZED ONIONS, POTATO WEDGES & GRILLED VEG _____	17.95

BECAUSE WE ARE SUCH A BUSY LITTLE PLACE...

THE KITCHEN MAY NOT ALWAYS BE ABLE TO ACCOMMODATE SPECIAL REQUESTS OR MODIFICATIONS.
TO KEEP THE WEE ONES SAFE, PLEASE ENSURE THAT YOUR CHILDREN STAY SEATED AT THE TABLE WITH YOU.
UNATTENDED CHILDREN WILL BE FED SHOTS OF ESPRESSO.

ABOUT US

ALL DISHES ARE SEASONED WITH SALT & PEPPER AND COOKED WITH REAL BUTTER.
WE SUPPORT LOCAL FARMERS AND MAKE ALMOST EVERYTHING FROM SCRATCH!
DUE TO THE COMPLEXITY OF OUR RECIPES, NOT ALL INGREDIENTS ARE LISTED. PLEASE INFORM US OF ANY
ALLERGIES OR DIETARY RESTRICTIONS PRIOR TO ORDERING.
ONE CHECK PER TABLE. A GRATUITY OF 18% WILL BE ADDED TO GROUPS OF SIX OR MORE.